

**Healthy Lunch Policy**

As part of the Social, Personal and Health Education (S.P.H.E.) Programme we encourage the children to become more aware of the need for healthy food in their lunch boxes.

**Aims**:

1. To promote the personal development and well-being of the child.
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.

**Objectives:**

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
2. To enable the child to accept some personal responsibility for

making wise food choices and adopting a healthy, balanced diet.

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend but some find it difficult to come up with popular healthy alternatives. We ask you to encourage a healthy lunch right from the start.

Please ensure your child has a healthy lunch in school every day. There are excellent examples on the following link [Healthy school lunch ideas | safefood](https://www.safefood.net/family-health/healthy-lunch).

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children

## Bread & Alternatives Savouries

Bread or rolls, preferably wholemeal Lean Meat

Rice – wholegrain Chicken/Turkey

Pasta – wholegrain Tinned Fish e.g.,

Potato Salad tuna/sardines

Wholemeal Scones Cheese

Quiche

Pizza

## Fruit & Vegetables Drinks

Apples, Banana, Peach Milk

Mandarins, Orange segments, Fruit juices

Fruit Salad, dried fruit, Squashes, i.e. low sugar

Plum, Pineapple cubes Yoghurt

Grapes,

Cucumber, Sweetcorn

Tomato,

Coleslaw.

## A word about Milk

Growing children should get approximately one pint of milk a day, or its equivalent as cheese, yoghurt or milk pudding. This ensures that they get enough calcium, which is essential for healthy bones and teeth. If a child does not drink a glass of milk at lunch, encourage him to have a carton of yoghurt or a small helping of cheese instead.

**Friday treat**

We are allowing **one small treat** on a **Friday,** for example a small chocolate bar/small bag of jellies. Large treats will be sent back home in your child’s bag.

**Foods not allowed in school**

Crisps and popcorn

Fizzy drinks

Sweets, lollipops, chewing gum.

Chocolate biscuits/bars

**A very simple approach to healthy eating is to use the Food Pyramid**:

Fats

### Sugar Sparingly

Sweets etc.,

Meat, Fish 2 portions per day

Peas/Beans

Milk, Cheese 3+ portions per day

#### Yoghurt

Fruit & Vegetables 4+ portions per day

Bread, Cereals & Potatoes 6+ portions per day